

ECA/THRIVE 2008 Fitness, Sports Training and Wellness Conference
Presented by ECA
November 13 – 16, 2008

One form per person. Photocopy for additional registrations.
 Please print clearly and fill in completely. Incomplete reservations cannot be processed.
 Return form and session selection sheets with full payment.

I am not able to attend, please add me to your mailing list

Participant Information – check all that apply:

I am personal trainer group exercise instructor coach
 yoga instructor pilates instructor indoor cycling instructor other

 first name last name

 address

 city state

 zip/postal code country

This is a new address

 home phone business phone

 fax e-mail address

Check all that apply

I am certified by ace aea afaa ecits nasm nsca spinning stott
 pma other _____

I heard about ECA/THRIVE from (check all that apply) a friend AFAA ad
 ACE ad mailing website/internet other please specify _____

Membership

Join now and become part of our community! Receive member rates to this show, plus other terrific member benefits all year long. You will receive your complete membership kit in 10-14 days. Membership includes:

- A one-year subscription to the ECA New For Fitness Professionals.
- Over \$100 in savings to all ECA events, including this one if you sign up today
- Liability insurance (for members with U.S. addresses only).
- Health Insurance, discounted dental plan, and financial planning services
- Access to our Job Placement Service (fitness jobs in your area)
- Discount on Talent agency services (head shots, comp cards, leads for jobs)
- Free ECA Fitness Professional Directory listing on the ECA website
- 10% discount on fitness equipment from M-F Athletics/Perform Better.
- 25% discount on fitness music tapes through Music Flex.
- (1) One free print classified ad in the ECA News.
- (1) One Free on-line classified ad.
- An ECA membership certificate and a wallet ID card.

Yes - I want to join/renew my ECA membership and be part of the ECA community.
 \$45 US resident \$55 International resident
 (membership is non refundable)

THRIVE REGISTRATION FEES (US funds only)

Final registration deadline is November 1st, 2008.

(All mailed registrations must be postmarked by that date.)

On site registration will be an additional \$50 fee (subject to availability).

	Early Bird (by 09/01/08)	Regular Rate (after 09/02/08)
Full conference member	<input type="checkbox"/> \$279	<input type="checkbox"/> \$309
Full conference non-member	<input type="checkbox"/> \$349	<input type="checkbox"/> \$379

Group rate \$285 (10 or more registrations paid, with session selections completed and sent together in one envelope by September 1).

1 day eca member

thurs. \$99 fri. \$169 sat. \$169 sun \$99

1 day non member

thurs \$139 fri. \$229 sat. \$229 sun \$139

Informed Consent Agreement

I agree to hold harmless ECA World Fitness Alliance, the company, its owners, directors, and employees, conference presenters, conference sponsors, and complete staff from any and all liability arising out of this event, including, but not limited to, muscle strains, tears, pulls, broken bones, any and all illnesses or loss of my property. I understand the risk involved with participating in this strenuous event and attest that I am in sound physical condition. I also understand that I may be videotaped and/or photographed during this event and agree to all conditions of reservation including, but not limited to, the cancellation/refund policies. My signature below indicates that I understand and agree to the above terms.

Participant signature

date

PRE/POST CONFERENCE WORKSHOP FEES check all that apply

Group Fitness Management Training	Wed. Nov 12th	<input type="checkbox"/> \$199
STOTT PILATES® Athletic Cond. On the V2 Max Plus™ Reformer	Wed. Nov 12th	<input type="checkbox"/> \$140
STOTT PILATES® Essential & Intermediate Pilates on the Edge	Wed. Nov 12th	<input type="checkbox"/> \$140
JC's Top 40 Exercises	Wed. Nov 12th	<input type="checkbox"/> \$179
ISCA Kick Box Round II	Wed. Nov 12th	<input type="checkbox"/> \$199
South Beach Boot Camp	Wed. Nov 12th	<input type="checkbox"/> \$99
Self Defense for the Fitness Professional	Wed. Nov 12th	<input type="checkbox"/> \$99
Aquatic Hard Core Training	Thurs. Nov 13th	<input type="checkbox"/> \$75
Aquatic Peace Core Training	Thurs. Nov 13th	<input type="checkbox"/> \$75
Both Aquatic workshops	Thurs. Nov 13th	<input type="checkbox"/> \$130
Teachers Tool Box	Sun. Nov. 16th	<input type="checkbox"/> \$69
The New Faces of Disordered Eating	Sun. Nov. 16th	<input type="checkbox"/> \$99
Peak Pilates® MVe™ Fitness Chair Instructor	Mon. Nov 17th	<input type="checkbox"/> \$199.95

SPINNING® Orientation or Ride.

Please call Mad Dogg Athletics to register.800-847-SPIN

Michael Port's Book Yourself Solid

Please visit website listed in pre conference descriptions on pages 3-4

Pre/Post Conference Workshop Cancellation/Refund Policy

Cancellations received by ECA in writing via fax or mail with attendee signature by OCT. 12th, 2008 will receive a full refund minus a \$100 processing fee. THERE WILL BE NO REFUNDS OR CREDITS ISSUED FOR CANCELLATIONS RECEIVED AFTER OCT. 12th, 2008. THERE WILL BE NO REFUNDS OR CREDITS ISSUED FOR NO SHOWS ON SITE. My signature below indicates that I understand and agree to the above terms.

Participant signature _____

date _____

KEYNOTE EVENT

An inspirational happening with Michael Port Friday 3-5pm

YES! I want to attend

Payment Summary

ECA membership \$ _____

Pre/Post convention workshops \$ _____

Event registration \$ _____

total \$ _____ (in US dollars)

Method of payment/payment authorization

check# _____ money order # _____ (all payments made payable to ECA World Fitness Alliance)

master card visa# _____ exp date _____ CVV # _____

Printed card holder name _____

Card holder signature _____

date _____

Conference Cancellation/Refund Policy

All refund requests must be sent in writing to: ECA World Fitness Alliance, 414 East Beech Street Long Beach, NY 11561. Requests postmarked before Oct. 12th, 2008 will receive a refund minus a \$100 processing fee. Requests postmarked after Oct. 12th, 2008 will receive a credit toward a future ECA event for one year minus a \$100 processing fee. *Please note membership is NOT refundable and cannot be included in the refund or credit. Only conference fees apply. * Please note pre/post conference fees are not refundable and cannot be included in the refund or credit. Please see membership and pre/post convention programming for more information about each specific cancellation policy. ECA is not responsible for acts of God, nature, war, terrorism, union or labor disputes. My signature below indicates that I understand and agree to the above terms.

X attendee signature _____ date _____

I have already paid and I am just submitting additional information

I have already registered by mail I have already registered by fax

I have already registered by internet

signature requested session selections added I am adding a pre con workshop

You will receive a written event confirmation approximately 3-4 weeks before the event if you have registered by mail. On Line registration is immediate and a confirmation with a reference number will show immediately upon completion of your registration.

ECA/THRIVE 2008 Fitness and Wellness Conference November 13-16th, at the Miami Resort and Spa, Miami Beach, Fl.

ECA/THRIVE 2008 Conference Session Selection Sheet

If you are registering by MAIL or FAX, we REQUIRE a 1st, 2nd, and 3rd choice in up to 5 time slots per day. We will confirm up to 15 sessions over the 4-day convention (no more than 5 per day) including up to 3 indoor cycling sessions per day based on availability. ECA cannot confirm sessions that begin and end at the same time – there must be a minimum of 15 minutes between sessions. If there is a special session that is more important than another, please put a star or asterisk next to it. Only fully paid complete registrations will be processed. Incomplete or incorrect submissions may result in delays. Make sure to fill out each form completely and don't forget to sign all authorization, informed consent and cancellation policies. ANY CHANGES TO A CONFIRMED SESSION SELECTION SHEET WILL RESULT IN A CHARGE OF \$25/per change. When in doubt, call the offices before registering.

Thursday

- 11-12:30pm** Winning Strategies in Personal Training – Juan Carlos Santana
 The 3 S's: Secrets for Successful Staffing – Shannon Fable

- 12-1:15pm** TheBigGame! – Lacey Stone
 Alpha Female Training – Lisa Gaylord
 Vital Step – Jessica Exposito
 50/50 Pilates Class – Bianca Diaz
 eLements – Marcelo Ehrhardt
 Yoga & Sound Meditation - Dalien
 SPINNING® Jump-in 2 Da Drum – Scott Schlesinger

- 1-3:00pm** 50 Sure Fire Tips to Grow Your Business – Nicki Anderson
 Creating the Buzz for You & Your Team – Michelle Mascari

- 1:30-3:00pm** Training the Four Pillars of Human Movement – Juan Carlos Santana
 Ready to Move – Rob Glick
 Kick Your Boot-ie Camp – Abbie Appel
 Chakra Power Yoga Flow – Connie Borho
 STOTT PILATES® Programming on the V2 Max Plus™ - Matthew Comer
 SPINNING® Technical Training – Josh Taylor

- 3:30-4:30pm** BOSU® Ballast® Ball Core Challenge – Shannon Fable
 Last Minute Dance – Shaun Thompson
 iStep – Geoff Bagshaw
 Pilates, Planks, Push Ups and More – Bianca Diaz
 The Standing Pilates Exercises – Michael Fritzke & Ton Voogt
 SPINNING® Rise of the Phoenix – Scott Schlesinger

- 3:30-5pm** Can You Feel What I See? – Robert Sherman
 The What, Who, How & When of a Website – Juan Carlos Santana

- 5-6:30pm** BOSU® Complete Body Sculpt – Rob Glick
 Zumba Back to the Future – Beto Perez & Zumba Team
 BodyART Strength – Robert Steinbacher
 Colorized Yoga – Christina Leon
 STOTT PILATES® Golf Conditioning on the V2 Max Plus™ - Jennifer Dahl
 SPINNING® 212: The Extra Degree – Josh Taylor

Friday

- 7-9:00am** Diabetesity – Ginger Schirmer
 Creating Demand for Your PT Services – Nicki Anderson

- 7:30-9:00am** Body Bar Behind Bars – Clay Grant
 Aerovital Dance – Jessica Exposito
 S.T.E.P. – Abbie Appel
 Ageless Yoga – Robert Sherman
 MVe™ Fitness Reformer for Everybody – Sonia Rodriguez
 PurposeFit™ - Lawrence Biscontin
 SPINNING® Reaction Ride – Josh Taylor

- Choreography Currents – Melissa Layne
- Nordic Walking for Active Older Adults – Suzanne Nottingham

- 9:30-11am**
- Body Bar Even More Hard Core – Sherry Catlin
 - Boot Camp Boogie – Petra Kolber
 - Cardio Crazy – Mindy Mylrea
 - Yoga for Injury Prevention – Wendy O’Lenic
 - MVe™ Fitness Chair for Everybody – Stacey Lei Krauss
 - STOTT PILATES® Prenatal Pilates on the V2 Max Plus™ - Jennifer Dahl
 - SPINNING® Rock n Rollin’ Hills – Scott Schlesinger
 - Choreographed Noodles – Marietta Mehanni
 - Gym to Go! Nordic Walking – Suzanne Nottingham

- 9:30-11:30am**
- Dance of the Mind and Body : Going Deeper - Dalien
 - A Joint-by-Joint Approach to Warm-Up & Training – Mike Boyle

- 11:30-12:30pm**
- Power Ball – Paul Katami
 - Party Express – Shaun Thompson
 - Breakin’ Step – Robert Steinbacher
 - The “Bannister” Method – Gail Bannister-Munn
 - It’s All in the Cue – Myrna Brady & Heather Anderson
 - Mat Fusion – Michael Fritzke & Ton Voogt
 - SPINNING® Everest Ride – Josh Taylor
 - Liquid Rhythms – Marietta Mehanni

- 1:30-3:30pm**
- No Bones About It – Scott Josephson
 - Law of Attracting the Inactive Population – Nicki Anderson

- 2-3:30pm**
- BOSU® Skills & Drills – Rob Glick
 - Clay’s Groove House – Clay Grant
 - Hard Work Conditioning – Patrick Goudeau
 - Yodates® - Brandi Woodard
 - MVe™ Perfect Pair: Chair & Reformer Combo – Sonia Rodriguez
 - STOTT PILATES® Prenatal Pilates on the Edge – Jennifer Dahl
 - SPINNING® Afterburner Intervals – Scott Schlesinger
 - Defy Gravity Dim Sum – Lawrence Biscontini
 - Kick Box Round II – Thomas Trebotich

- 4-5:30pm**
- BOSU® Block Party – Fable, Glick, Krauss, Mylrea
 - Video Dance (Basic & Level II) – Tony Stone
 - Step Sensation – Jessica Exposito
 - Yoga for Athletes – Connie Borho
 - Stretch Science – Thomas Trebotich
 - The Triadball Excel! 2008 - Michael Fritzke & Ton Voogt
 - SPINNING® In the Mix Part 1 – Josh Taylor & Scott Schlesinger
 - Aqua Ball – Melissa Layne
 - CHEK INSTITUTE: Scientific Rotational Training – Mark Stone
 - Natural Nutrition Preventing Allergies – Teri Gentes

- 6-7:30pm**
- All About Legs – Mindy Mylrea
 - Zumba! Ditch the Workout-Join the Party – Beto Perez & Zumba Team
 - Body Groove 101 – Misty Tripoli
 - Yoga & Meditation for Stress Relief – Wendy O’Lenic
 - BodyART Stretch – Robert Steinbacher
 - SPINNING® In the Mix Part 2 - Josh Taylor & Scott Schlesinger

- 6-8:00pm**
- Eating for Everyday Living – Teri Gentes

Saturday

- 7:30-9:am**
- Body Bar Industrial Strength – Sherry Catlin & Clay Grant
 - Masala Bhangra – Sarina Jain
 - Step Athletica – Paul Katami
 - Music Flow Yoga – Anna Carbonell
 - Peak Pilates®: MVe™ Reformer Energize Workout – Sonia Rodriguez
 - Bender Ball Core Training – Leslee Bender
 - SPINNING® Silence – Josh Taylor
 - Wet Weekend Warriors – Katharine McLarty

- Nordic Walk Now! – Suzanne Nottingham
- Childhood Obesity – Ginger Schirmer
- Your Bliss: How to Find It and Follow It – Benjamin Black

- 9:30-11am**
- More ABC – Patrick Goudeau
 - Dance Workout – Tony Stone
 - 1, 2 Step – Petra Kolber
 - Body of Knowledge – Renee Diamond
 - MVe™ Fitness Chair: Flex & Flow Workout – Stacey Lei Krauss
 - STOTT PILATES® Golf Conditioning on the Reformer – Matthew Comer
 - SPINNING® Energy Zone Sampler – Scott Schlesinger
 - Aqua Cycle – Lawrence Biscontini
 - Kick Box Round II – Thomas Trebotich

- 9:30-11:30am**
- CHEK INSTITUTE: Understanding Posture & Postural Assessments – Dan Hellman
 - Training the Endurance Athlete – Mike Boyle

- 11:30-12:30pm**
- coMMotion – Marcelo Ehrhardt
 - Tribal Funk – Misty Tripoli
 - Step Urban Groove – Geoff Bagshaw
 - Hawaiian Hula & Tahitian Dance – Anna Carbonell
 - MVe™ Fitness Chair Latin Dance Fusion – Sonia Rodriguez
 - Core Energy Flow – Fred DeVito & Elisabeth Halfpapp
 - SPINNING® “Chilled Out” – Josh Taylor
 - Aqua Latin Fiesta – Manuel Velazquez
 - Jump Rope Technique – Thomas Trebotich

- 1:30-3pm**
- Medicine Ball Madness – Mindy Mylrea
 - Jazz Meets House – Robert Steinbacher
 - Breaking Down Rhythm Changes – Rob Glick
 - Embodying Flow in Ashtanga Yoga – Brandi Woodard
 - Specialize Your Exercise – Myrna Brady & Heather Anderson
 - STOTT PILATES® Athletic Conditioning on the Edge – Jennifer Dahl
 - Aquatic Shakti – Lawrence Biscontini
 - Six Weeks to Love Running – Julie Sieben
 - Nutrient Timing: The Future of Peak Performance – Len Kravitz
 - Power Development for the Adult Golfer – Mike Boyle

- 3-5:00pm**
- KEYNOTE Address with Michael Port

- 3:30-5pm**
- BOSU® Cardio Express – Shannon Fable
 - Core Control One Side at a Time – Abbie Appel
 - Pilates Precision Meets Power Yoga Flow – Connie Borho
 - Pilates WET Level 1 – Katharine McLarty
 - The Female Training Advantage – Len Kravitz
 - Women, Weights and Results – Scott Josephson

- 4-6pm**
- Beach Olympics! – Gary Scott & Gerard Calvo

- 5:30-7pm**
- BOSU® Mind/Body Training – Stacey Lei Krauss
 - CHEK INSTITUTE: Scientific Shoulder Training – Dan Hellman
 - Partner Yoga – Wendy O’Lenic
 - CHEK INSTITUTE: The Essence of Periodization – Mark Stone
 - Transformational Posture Through Corrective Exercise – Leslee Bender

Sunday

- 8-9:15am**
- Body Bar Seriously Strong – Sherry Catlin
 - willPower & grace – Stacey Lei Krauss
 - Step Made Simple – Rob Glick
 - Blackberry Yoga – Benjamin Black
 - Peak Pilates®: Circle of Power – Sonia Rodriguez
 - Mobility & Stability Dim Sum – Lawrence Biscontini
 - Aqua Core Training – Manuel Velazquez
 - Six Weeks to Love Running – Julie Sieben

- 8-9:30am** Nutrition & Exercise for Aging Population – Ginger Schirmer
 CHEK INSTITUTE: Critical Program Design Strategies – Mark Stone
- 9:30-11:00am** Body Bar Grace Under Pressure – Clay Grant
 In the House – Tony Stone
 Not Your Momma’s Step – Patrick Goudeau
 Mistykal Yoga – Misty Tripoli
 Peak Pilates®: Reformer on the Mat – Sonia Rodriguez
 STOTT PILATES® Intense Sculpting Challenge – Jennifer Dahl
 SPINNING® The DJ Ride - Josh Taylor & Scott Schlesinger
 H2O Training From the (Pool) Bottom Up – Katharine McLarty
 Injury Prevention for Nordic Walkers – Suzanne Nottingham
- 10-11:30am** Strategies to Enhance Fat Metabolism – Len Kravitz
 Running the Show: Onstage & Backstage – Lawrence Biscontini
- 11:30-12:30pm** Safe n Sexy – Lisa Gaylord
 Move & Groove – Petra Kolber
 Fit for Kids 2008 – Mindy Mylrea
 Yin Yoga – Anna Carbonell
 Functional Mat Training for Today’s Society 2008 – Leslee Bender
 SPINNING® Formula One – Josh Taylor
 Hydrofabulous – Marietta Mehanni
- 1-2:30pm** BodyART Stretch – Robert Steinbacher
 Masala Bhangra – Sarina Jain
 Core Fusion – Fred DeVito & Elisabeth Halfpapp
 Chakra Intensive Yoga Sequence – Christina Leon
 STOTT PILATES® Intensifying Essential Matwork – Matthew Comer
 SPINNING® Fire N Ice - Josh Taylor & Scott Schlesinger
 Hydro-Zen – Manuel Velazquez
- 1-3pm** What Makes You Tick? – Benjamin Black
 Functional Anatomy & Biomechanics – Katharine McLarty

EVENT INFORMATION

PRE REGISTRATION Attendee Check in

Pre Reserved check-in - ALREADY PAID IN FULL

Thursday, November 13	9:00am - 2pm & 4:30pm - 7:00pm
Friday, November 14	6:00am - 1:00pm
Saturday, November 15	6:30am - 1:00pm
Sunday, November 16	6:30am - 11:00am

Plan on arriving at least one hour before your first scheduled session. This will prevent you from being late for your first session. Lines can be long first thing in the morning, schedule your time accordingly. **MUST BRING PHOTO I.D. ON SITE**

ON SITE REGISTRATION

PAYING ON SITE

Cash, MasterCard or Visa **ONLY** accepted for on site registrations.

WE DO NOT ACCEPT CHECKS, DISCOVER CARD, DINERS CLUB OR AMERICAN EXPRESS! (sorry!)

Thursday, November 13	9:30am - 1:00pm & 5:00pm - 7:00pm
Friday, November 14	6:00am - 12:00pm
Saturday, November 15	6:30am - 1:00pm
Sunday, November 16	7:00am - 11:00am

Sending in your Reservation

Please call us with any questions. We are here to help! 1-800-ECA-EXPO

By Mail

ECA World Fitness Alliance

414 East Beech Street Long Beach, NY 11561

Mail your full payment in U.S. funds (visa, mc, check or m.o.) and reservation forms along with your session selection sheets.

By Fax

516-432-7044. Fax your full payment (visa/mc ONLY) (as of now we know of no machine that faxes money, but we can dream can't we?) and reservation forms along with your session selection sheets. ECA cannot be held responsible for incomplete, unreadable faxes or for faxes not received. Do not fax your reservation if you are mailing a check! Call our offices within 2 days of sending to guarantee your fax arrived and is legible.

On-Line

www.ecaworldfitness.com

You can now book "LIVE" on-line (visa/mc ONLY) you can confirm your sessions and receive immediate confirmation. If you do not receive an immediate confirmation you have not registered correctly! Try again or call the ECA office for assistance. Please note that if you register on-line, be sure to check the boxes authorizing your consent to our show policies, payment authorization and informed consent. You are only permitted 4 sessions per day if you are attending Thurs -Sun or 5 per day if attending Fri -Sun, and only three spinning sessions per day. You are limited to no more than a total of 15 sessions for the weekend. HOWEVER! Once on site, you can attend as many sessions as you like based on space availability.

Volunteering (on site eca staff)

ECA seeks hard working, motivated and enthusiastic individuals to join our team and become an integral part of the event. Call our offices or surf our web site for an application! We need you! For each day you work a complete shift – you can attend a day free!

Conference Hotel

Reserve your room now! Call today for a discounted rate at our host hotel. Just mention you are attending the ECA/THRIVE 2008 Fitness and Wellness Conference.

Conference Hotel: Miami Beach Resort and Spa Hotel

4833 Collins Avenue

Miami Beach, FL 33140

Reservations: 305-532-3600

www.miamibeachresortandspa.com

or click on the link -

https://reservations.ihotelier.com/crs/g_reservation.cfm?groupID=124432&hotelID=6577

*ECA special room rate: \$170/single or \$179/double + tax

*limited availability - book early!

Trade Show

Shop Til You Drop

Friday, November 14

11:00am – 6:00pm

Saturday, November 15

9:00am – 2:00pm and 5:00 – 7:30pm

Sunday, November 16

9:00am – 3:00pm